



2023  
**Impact of  
Inflammatory  
Bowel Disease**  
in Canada

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**INFLAMMATORY  
BOWEL DISEASE UNIT**  
UNIVERSITY OF CALGARY



**UNIVERSITY OF CALGARY**  
CUMMING SCHOOL OF MEDICINE

# Conflicts, Disclosures, & Inclusion

- I aim to use person-first and inclusive language in this presentation. Please contact me if you notice anything that could be improved: [ggkaplan@ucalgary.ca](mailto:ggkaplan@ucalgary.ca)
- *My pronouns are he/him/his*
- I acknowledge the traditional territories of the peoples of Treaty 7 located in Southern Alberta, which include the Blackfoot Confederacy, comprising the Siksika, Piikani, and Kainai First Nations, as well as the Tsuut'ina First Nation, and the Stoney Nakoda, including the Chiniki, Bearspaw, and Goodstoney First Nations. The City of Calgary is also home to the Métis Nation of Alberta Region 3.

## Commercial Interest

Pfizer

AbbVie

Amgen

Janssen

Gilead

Takeda

Ferring

## Relationship

Speaker

Speaker

Speaker

Speaker

Consultant

Speaker

Grant

Patent: TREATMENT OF INFLAMMATORY DISORDERS, AUTOIMMUNE DISEASE, AND PBC. UTI Limited Partnership, assignee. Patent 62/555,397. 7 Sept. 2017.

# Conflicts, Disclosures, & Inclusion

- *My pronouns are he/him/his*



- *My financial disclosures are unrelated to medications used to treat IBD (except my work with CADTH)*

Organization	Relationship
McKesson Canada	Consultant
Dairy Farmers of Ontario	Consultant
Canadian Agency for Drugs and Technology in Health (CADTH)	Consultant
Canadian Association of Gastroenterology	Editor-in-chief, JCAG
Crohn's and Colitis Canada	Past-Chair, SMAC Grant Funding (PACE)



2008



2012



2018



2021



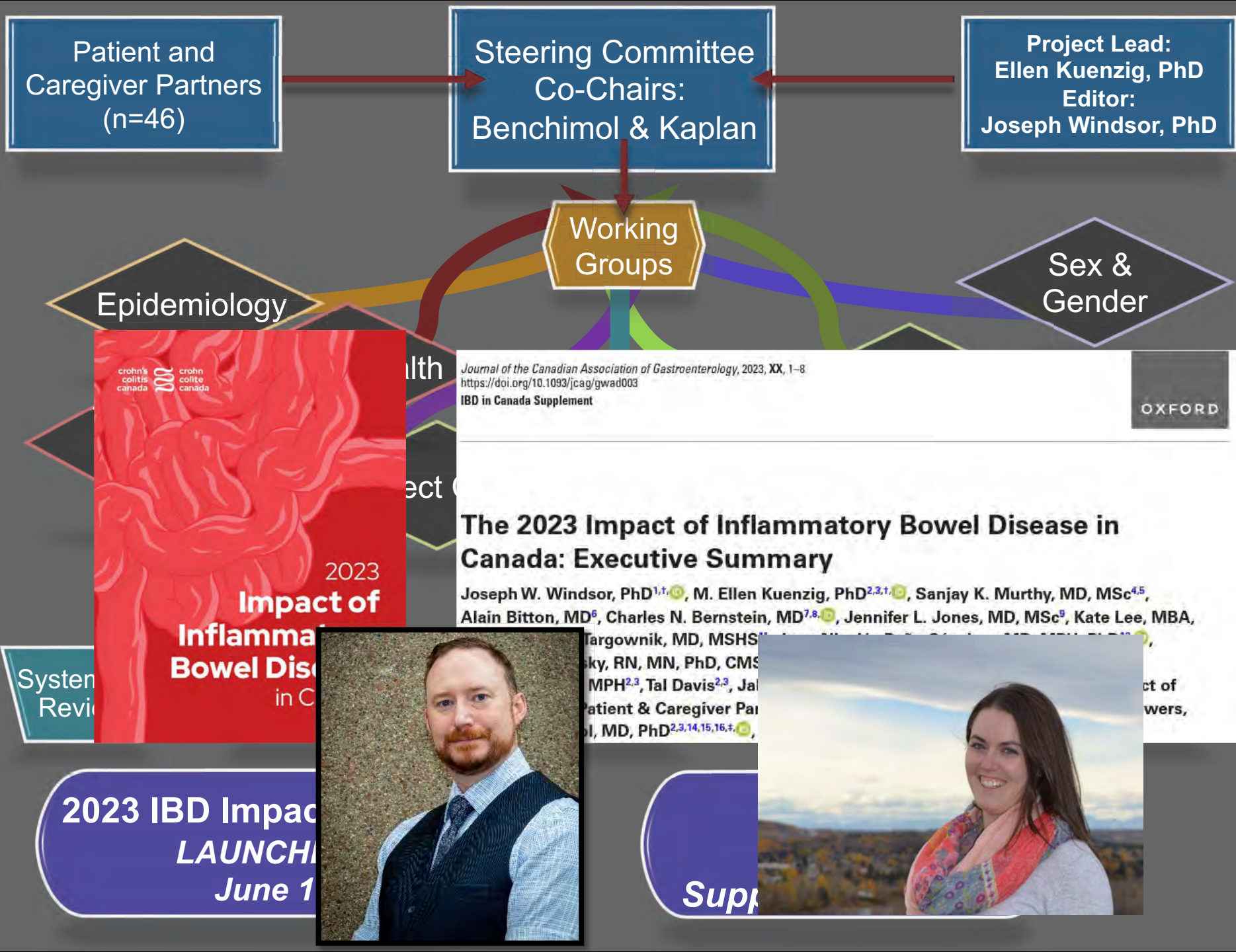
2023



# The Impact of IBD Report builds on existing high quality, scientific research – update of the 2018 Report.



## 2023 Impact of IBD:



# Objectives of the 2023 Report

1. Create an up-to-date, relevant overview on the burden of Crohn's and colitis in Canada
2. Raise awareness of IBD for the general public, people living with IBD and their families, healthcare providers, administrators, and policy makers
3. Provide guidance to changes needed in the delivery of care and in the prioritization of research funding
4. ***Incorporate the perspectives of patient and caregiver partners***

# Executive Summary

crohn's  
colitis  
canada



crohn  
colite  
canada

## 2023 Impact of Inflammatory Bowel Disease in Canada

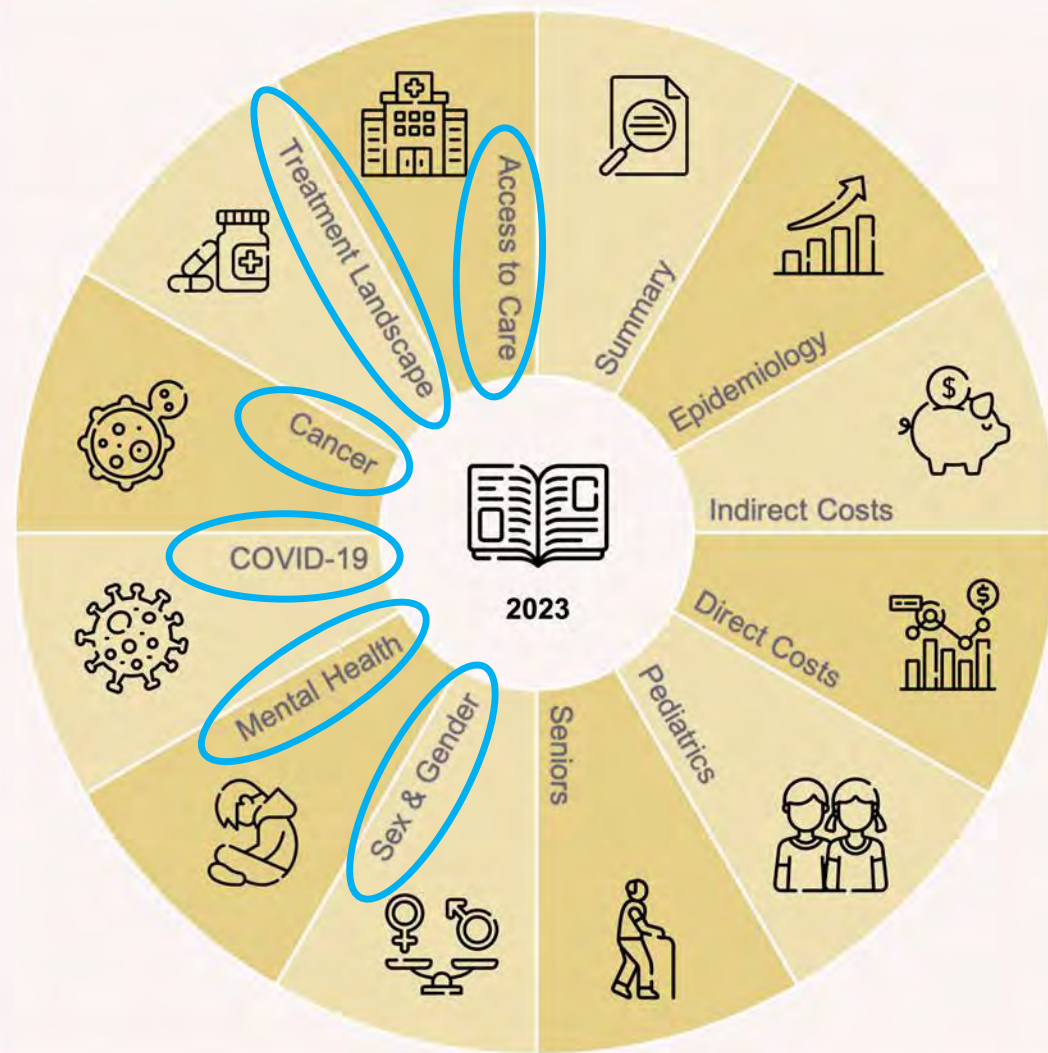


Everyone's experience  
with IBD is unique

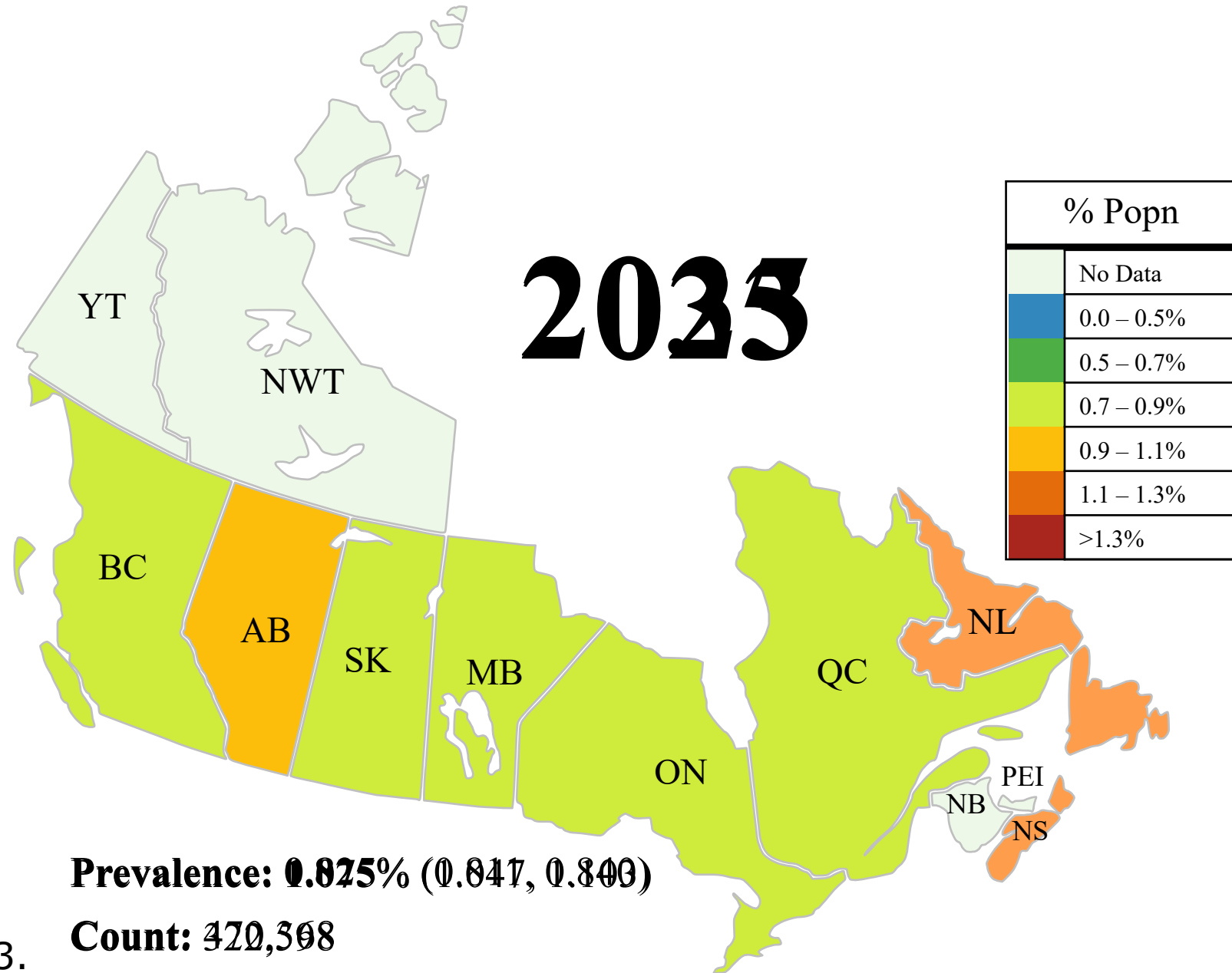


The **2023 IMPACT REPORT** includes:

- 11 topics in IBD
- New topics: mental health, sex & gender, cancer, treatment landscape
- 13 systematic reviews
- Academic, physician, patient & caregiver partner perspectives



# Epidemiology of IBD: Prevalence of IBD is climbing in Canada



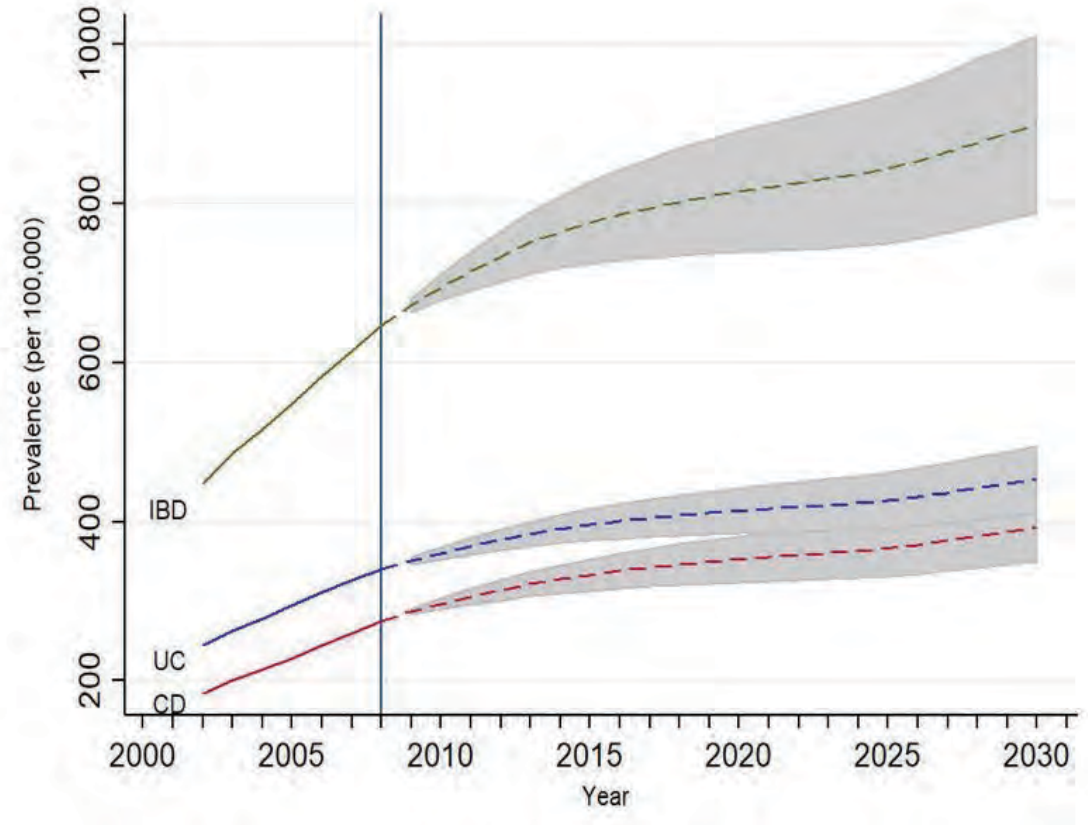


# Seniors with IBD: Over the next decade, gastroenterologists will increasingly need to care for an older IBD population with comorbidities of advancing age

- One of every 88 individuals over the age of 65 in Canada is living with IBD



- Seniors are a fast-growing demographic with IBD

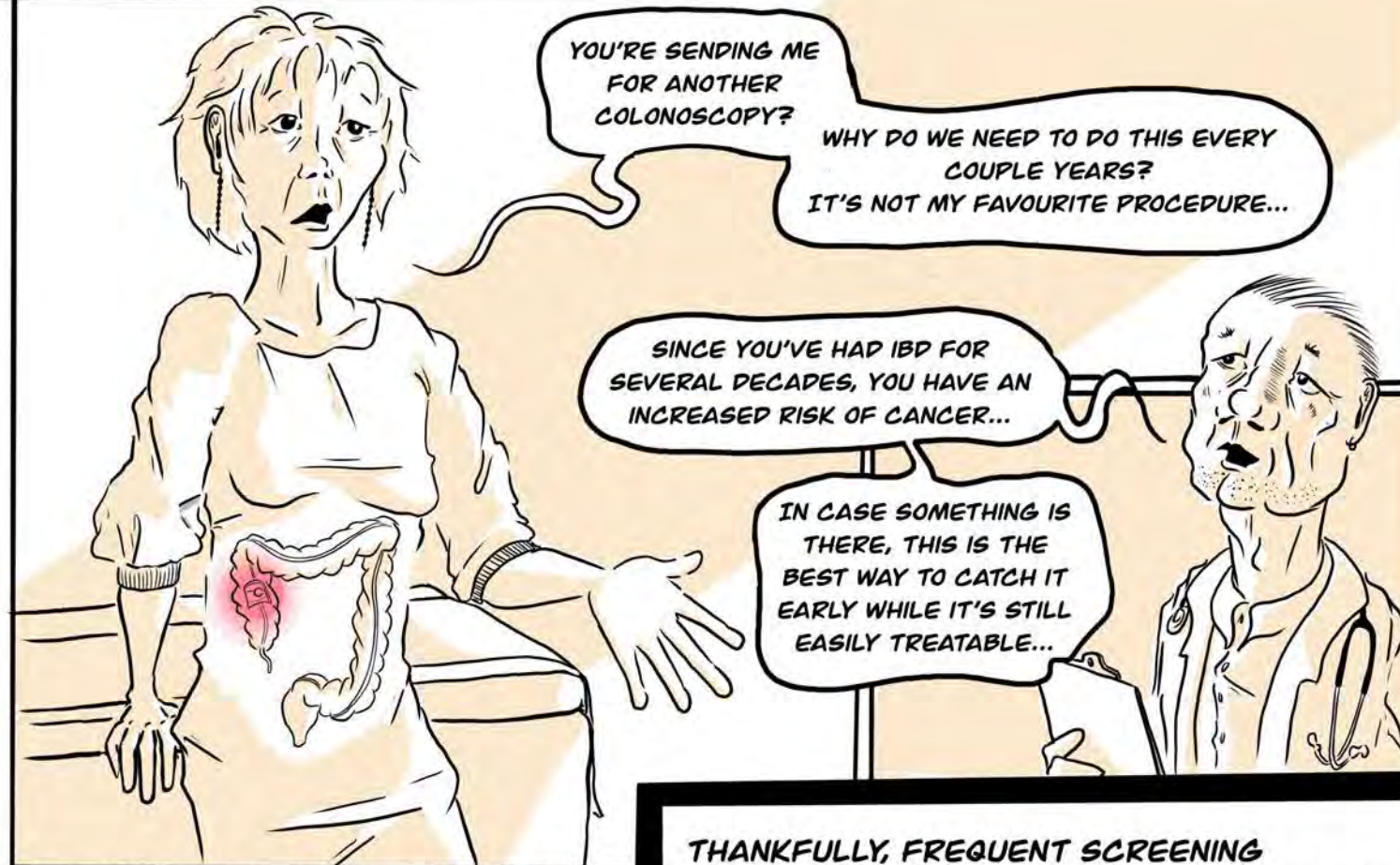


Crohn's and Colitis Canada 2023 IBD Impact Report:

[https://crohnsandcolitis.ca/Crohns\\_and\\_Colitis/documents/reports/2023-IBD-Report-English-LR.pdf](https://crohnsandcolitis.ca/Crohns_and_Colitis/documents/reports/2023-IBD-Report-English-LR.pdf)

# Cancer & IBD

EDNA DIDN'T KNOW SHE'D STARTED TO DEVELOP A NEOPLASTIC LESION\* SINCE HER LAST COLONOSCOPY...



\* AN ABNORMAL GROWTH THAT MAY OR MAY NOT BE CANCEROUS

THANKFULLY, FREQUENT SCREENING CAUGHT IT BEFORE IT DEVELOPED INTO CANCER...

# Children and Adolescents with Inflammatory Bowel Disease in Canada

El-Matary et al., 2023

## High rates of pediatric IBD



Incidence in 2023:  
**9.68** /100,000 children  
or  
**1 in 10,330**  
(patients per year)



Prevalence in 2023:  
**38.25** /100,000 children  
or  
**1 in 2,614**  
(children)

## Pediatric environmental exposures:



IBD RISK



Antibiotics



Inflammatory  
Diet

Breastfeeding



Pets

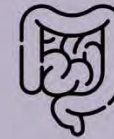


Rural or  
Greenspace  
Proximity

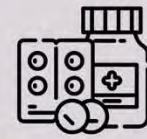


## Disease management is more complex in children

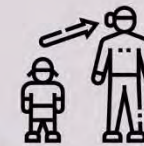
More extensive  
disease



Limited treatment  
options



Challenging  
transition periods

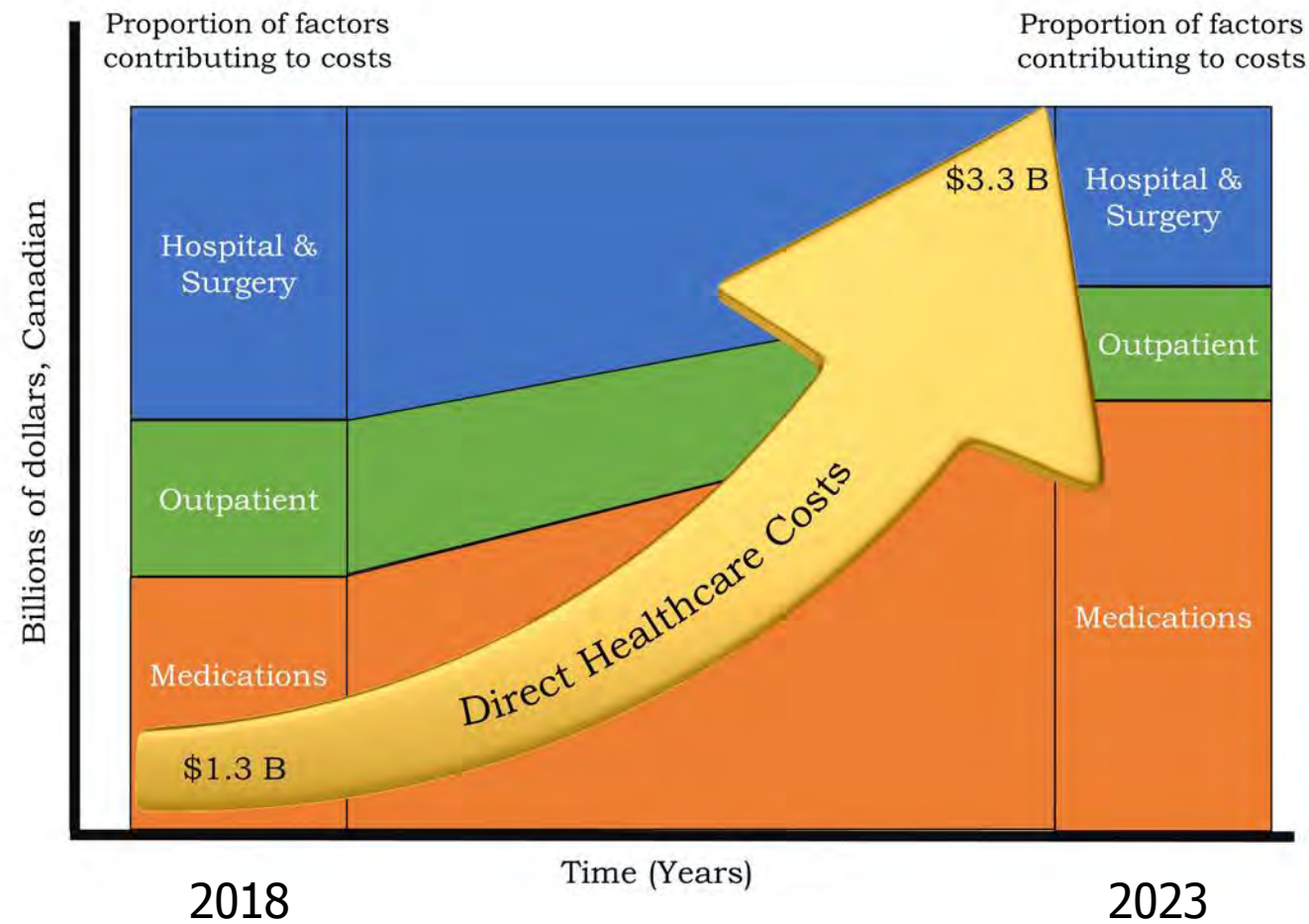
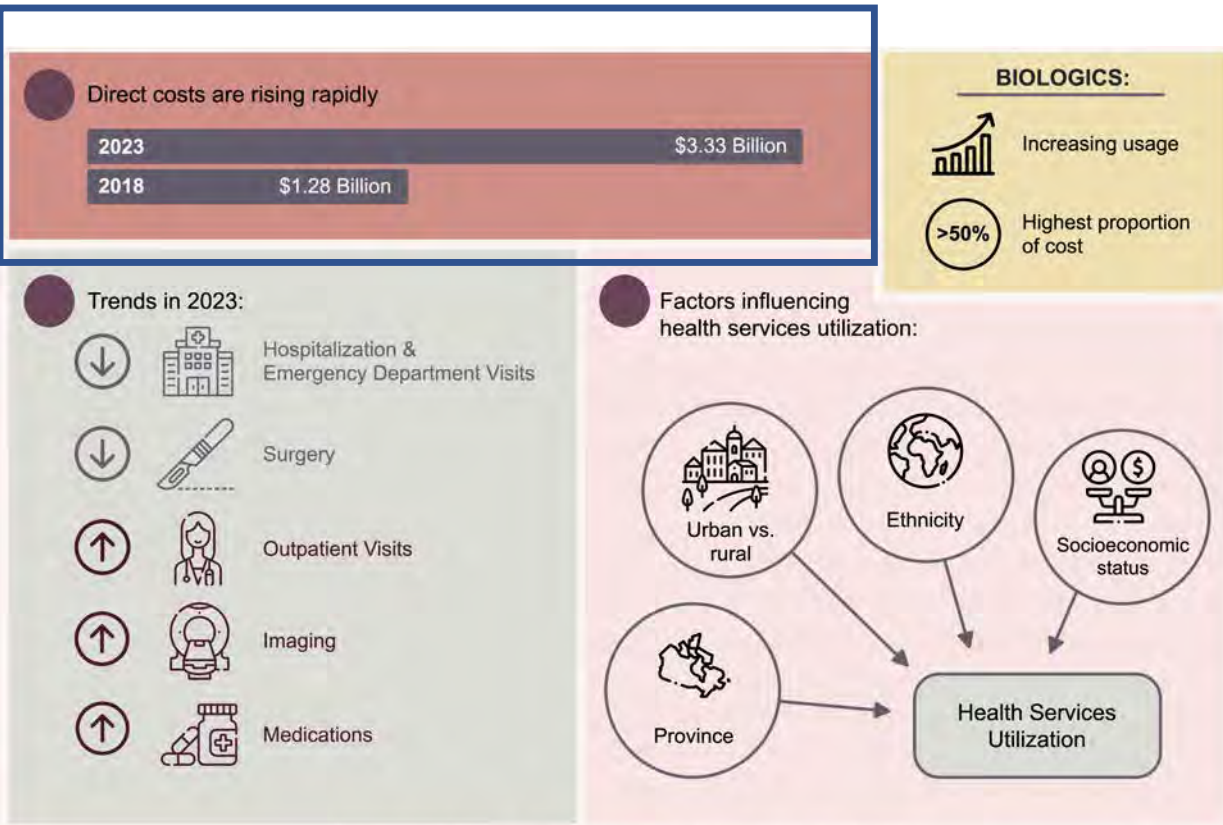


Worse mental  
health outcomes





# Direct Health System and Medication Costs



# Indirect (Individual and Societal) and Out-of-Pocket Costs

**WANDA IS A SCHOOLTEACHER LIVING WITH MODERATE-TO-SEVERE IBD...**

**BECAUSE OF HER DISEASE, SHE TOOK LONGER TO FINISH HER DEGREE THAN HER PEERS...**

**THIS DELAYED HER ENTRY INTO THE WORKFORCE...**

**...AND DISCOURAGED HER FROM GETTING ADDITIONAL TRAINING TO BECOME A PRINCIPAL, MEANING SHE DIDN'T ACHIEVE HER FULL EDUCATIONAL POTENTIAL...**

**IN A 200 DAY SCHOOL YEAR, SHE MISSES 25 DAYS OF WORK: 10 FROM IBD-RELATED HOSPITAL ADMISSION, 10 FROM FEELING UNWELL, AND 5 FOR DOCTOR'S VISITS, COLONOSCOPIES, AND AN MRI...**

**FATIGUE FROM IBD MEANS SHE CAN ONLY GIVE 90% OF THE EFFORT SHE COULD IF SHE WERE HEALTHY, AND SHE SPENDS ADDITIONAL TIME AWAY FROM HER STUDENTS MANAGING SYMPTOMS OF IBD...**

**SHE DECIDES TO TAKE EARLY RETIREMENT DUE TO FEELING TOO UNWELL TO CONTINUE WORKING, WHILE HER COLLEAGUES CAN CONTINUE TO EARN MONEY...**

**LAST PAYCHEQUE...**

**ABSENTEEISM-RELATED INDIRECT COSTS**

**PRESENTEEISM-RELATED INDIRECT COSTS**

**EARN YOUR MEd AT SHREVEPORT UNIVERSITY**

**WANDA'S 2008 CAP 211**

# Indirect and Out-of-Pocket Costs

## ❖ Indirect costs:

- ❖ Unemployment: \$1.1 billion
- ❖ Absenteeism: \$163 million
- ❖ Presenteeism: \$122 million

## ❖ Out-of-pocket costs:

- ❖ \$5236 per child
- ❖ \$1579 per adult

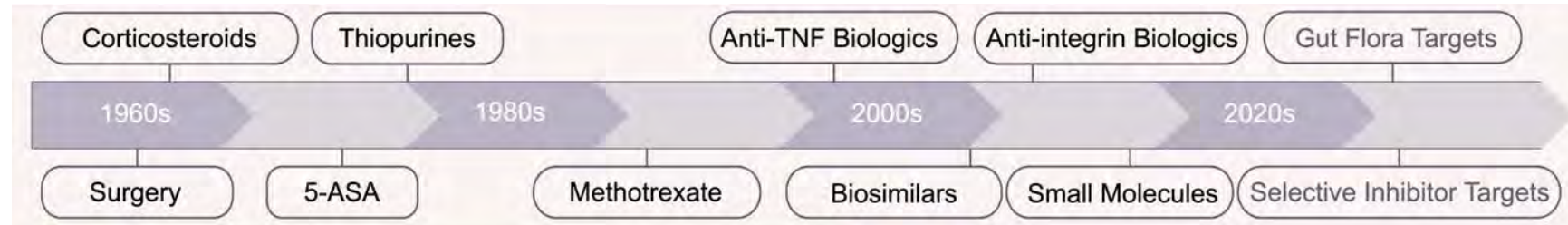


# Treatment Landscape: Advances in therapeutics changing treatment landscape

- ❖ There have been major advances in IBD treatments and management strategies over the past two decades:

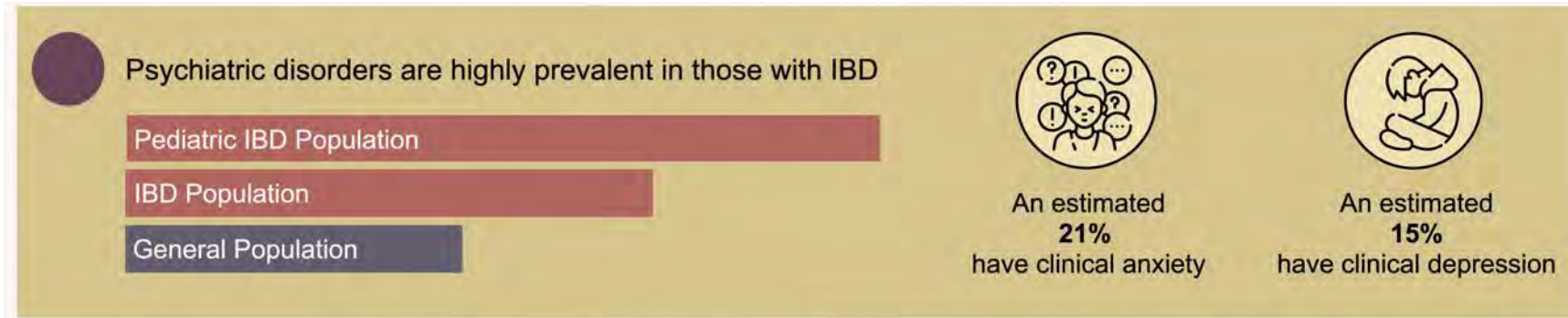
- ❖ Introduction of multiple classes of biologic and small molecule therapies
- ❖ Shift towards treating to a target of complete disease remission

- ❖ Biosimilars hope to reduce the overall costs of biologic therapies without compromising effectiveness or safety





# Mental Health and IBD



# Influence of Sex & Gender

## WHAT IS SEX?

Impact of

- Sex chromosomes (XX, XY, etc.)
- Hormones (estrogen, testosterone)

**ON**

Development of sexual organs

Sex-associated differences in body shape

Sex-associated changes in function (strength, tone of voice)

## SEX



Incidence and prevalence of IBD are roughly **equal**



Does exposure to sex hormones impact IBD outcomes?

## PREGNANCY



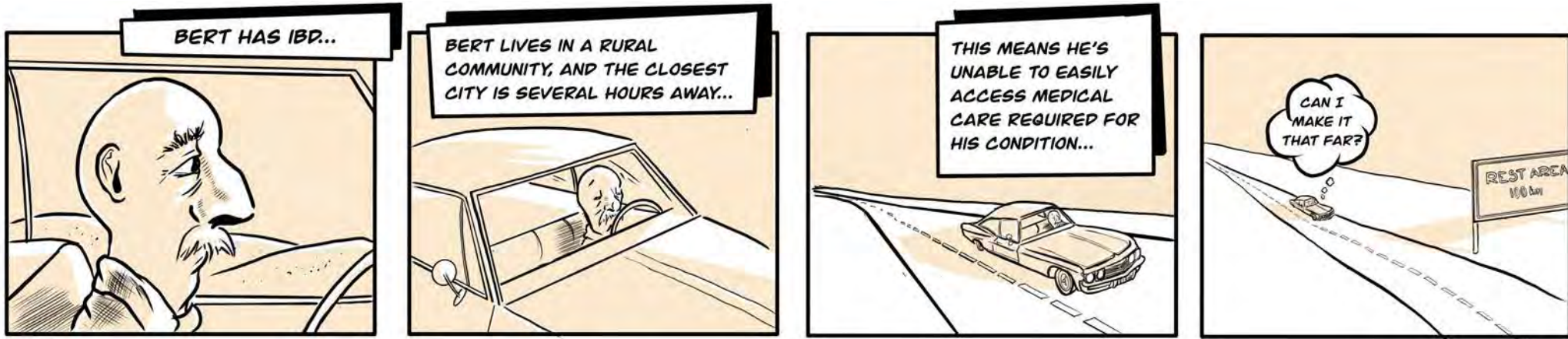
Most are uncomplicated **but** active disease is associated with preterm birth and low birth weight

Need for specialists in pregnancy and IBD



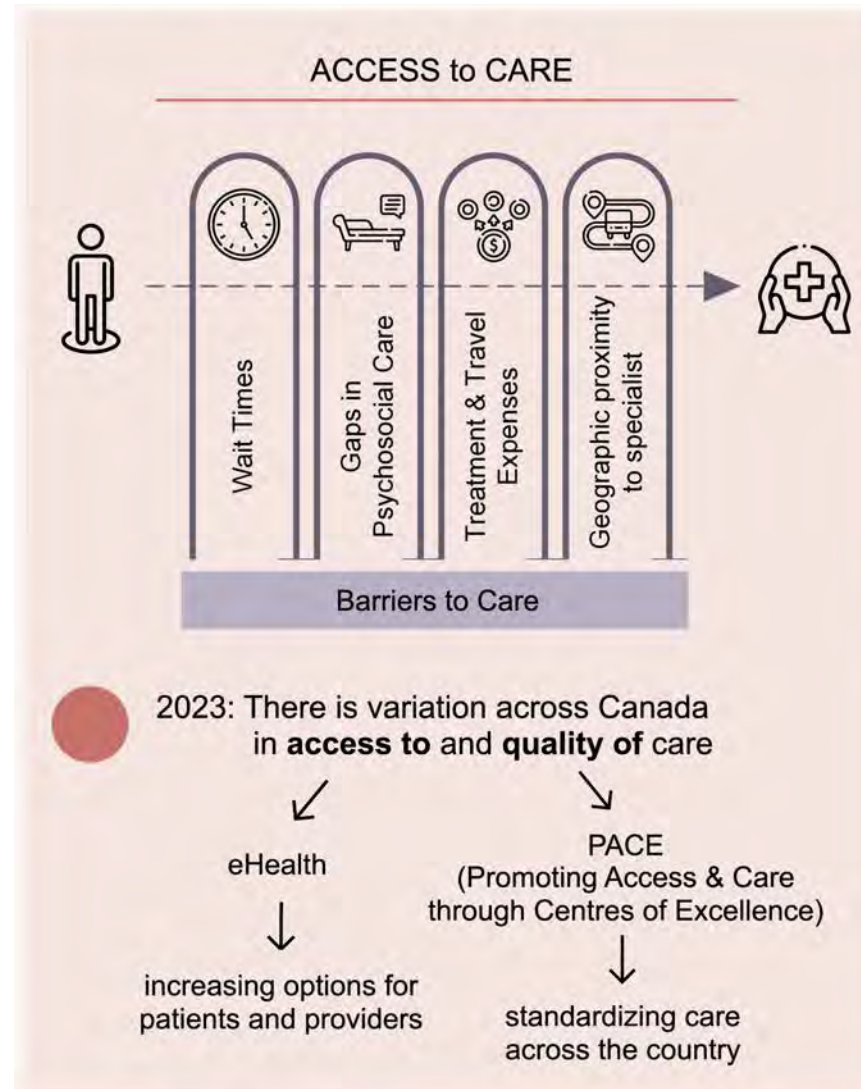
Are new therapies safe for pregnancy and breastfeeding?

# Access to & Models of Care



# Access to & Models of Care

- ❖ **Numerous barriers** to access to IBD care exist.
- ❖ **Integrated models of care** improve access to high quality patient-centred care.
- ❖ Adoption of **virtual healthcare** increases access to healthcare providers.
- ❖ **Quality improvement initiatives** enhance and standardize the quality of care that is delivered.





# Knowledge Translation: Launch of Report June 1, 2023 with Press Release



NEWS ▾ VIDEO ▾ LOC

### SPOTLIGHT

 **CTV National News**  
Watch the latest full episode

 **'The Sticky Cancer'**  
What you may not have known about bladder cancer



## Experts warn of 'rapid' growth of IBD as number of Canadians diagnosed set to reach 470K by 2035

The number of people in Canada with inflammatory bowel disease is increasing rapidly and is expected to grow to 470,000 by 2035, according to a new report from Crohn's and Colitis Canada



crohn's colitis canada



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crohnsandcolitis.ca

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# Closing Remarks



## 2023 Impact of Inflammatory Bowel Disease in Canada

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